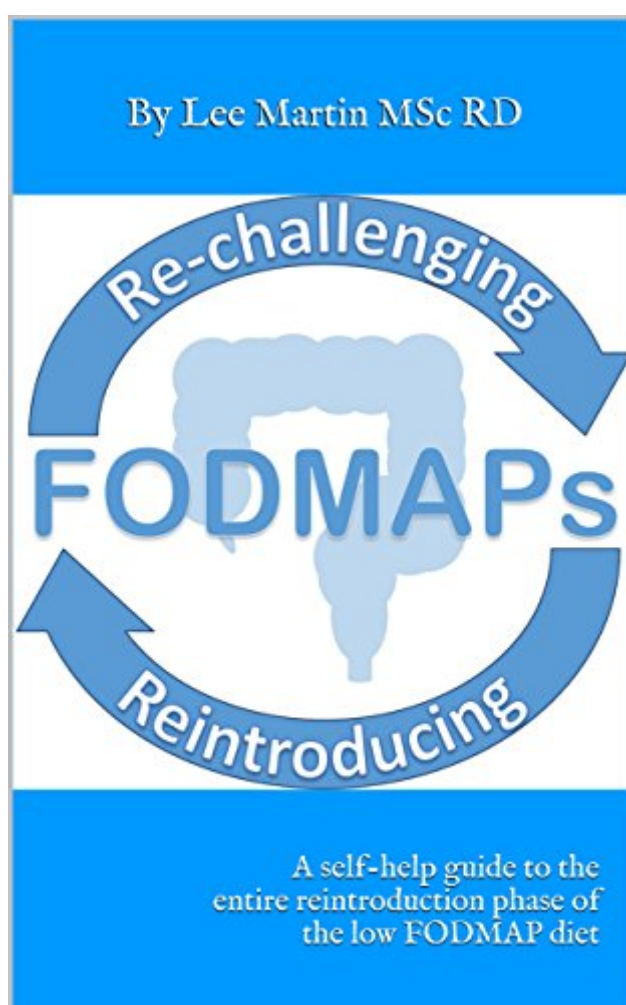


The book was found

# Re-challenging And Reintroducing FODMAPS: A Self-help Guide To The Entire Reintroduction Phase Of The Low FODMAP Diet



## Synopsis

It is time to strip away the mystery surrounding the reintroduction phase of the low FODMAP diet. This book brings clarity to a topic where knowledge, experience, information and skills are lacking. The book is written by a registered dietitian who has personally completed the diet and recently worked at King's College London researching the evidence behind the low FODMAP diet. The book will provide a structured re-challenging protocol to follow and expose the two main methods you can use to re-challenge individual FODMAPs. A set of tables are provided which detail the foods containing individual FODMAPs to be re-challenged, along with the appropriate portion sizes to consume. Explanations of FODMAP tolerance levels and FODMAP thresholds will help you understand your results. The second section of the book outlines how you can attempt to reintroduce FODMAPs back into your diet based on the results you obtain from your re-challenges. A further set of tables detailing foods that contain more than one type of FODMAP are included for reference. Following the process of re-challenging and reintroducing FODMAPs will lead to you following a modified low FODMAP diet in the long term. At the end of the book is an extensive Frequently Asked Questions section with many valuable answers to common problems encountered from the reintroduction phase. The reintroduction phase is most important part but also the most difficult part of the low FODMAP diet. To help manage your IBS symptoms and quality of life in the long term it is vital to complete the reintroduction phase. The ultimate aim is to self-manage a long term modified low FODMAP diet, consuming high FODMAP foods to personal tolerance without triggering IBS symptoms.

## Book Information

File Size: 2642 KB

Print Length: 59 pages

Publisher: Lee Martin MSc RD (October 17, 2015)

Publication Date: October 17, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B016SXVABK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #97,474 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #22

in Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Diet Therapy #67

in Kindle Store > Medical Books > Allied Health Professions > Diet Therapy #114 in Kindle Store

> Kindle Short Reads > 90 minutes (44-64 pages) > Health, Fitness & Dieting

## Customer Reviews

I recently purchased the Kindle version. It is very well-written and research-based information. I now feel prepared to forge ahead with food reintroduction. I have supportive healthcare, but I don't have access to IBS specialists in my local area. The reintroduction process is complicated, and I actually appreciate the succinct presentation. I don't mind the cost because for me to be able to have this guide gives enormous benefit. My only challenge is that the charts are not able to increase font size as does the text on my Kindle, so they are a bit hard to read. Other than that, I am very satisfied with this purchase.

I am on the first week of re-introduction and this short book has answered so many questions. I am not working with a dietician, but my Gastro advised I try this diet. I found relief in days after starting the low FODMAP diet and was very pleased. Was terrified to start re-introduction and this book has quelled some of those fears. I am now looking forward to next week's challenge!

I've been following a strict low fodmap diet for two months, and this is exactly what I needed to guide me in reintroduction! Thank you for the straight forward info!

Excellent information and clear directions!

Very helpful little book for preparing to re-challenge and reintroduce fodmaps. Recommended!

Great info, just pricey. But then again, all FODMAP related books, texts, apps seem to be. Does have good resources

Not worth \$8 for 50 pages!

After reading this I feel clarification on the reintroduction phase for the first time since researching the FODMAP diet. Quick read.

[Download to continue reading...](#)

Re-challenging and Reintroducing FODMAPS: A self-help guide to the entire reintroduction phase of the low FODMAP diet Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) The 2-Step Low-FODMAP Eating Plan: How To Build a Custom Diet that Relieves the Symptoms of IBS, Lactose Intolerance, and Gluten Sensitivity (Low-Fodmap Diet) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low-FODMAP Diet Recipes: Easy and Healthy Low FODMAP Recipes For IBS Relief (Irritable Bowel Syndrome) Low FODMAP: The Low FODMAP Diet Slow Cooker Cookbook (IBS, Irritable Bowel Syndrome, Crock Pot Recipes) (Managing Irritable Bowel Syndrome Cookbooks 2) Low FODMAP Menus for Irritable Bowel Syndrome: Menus for those on a low FODMAP diet Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) The FODMAP Navigator: Low-FODMAP Diet charts with ratings of more than 500 foods, food additives and prebiotics The Flexible FODMAP Diet Cookbook: Customizable Low-FODMAP Meal Plans & Recipes for a Symptom-Free Life Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your

Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)